

Grace Haven Assisted Living and Memory Care

Memory Care

January 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Manicures, Music and Hand Massages (B) 1:30 Laughter Yoga and Share Lemonade (MC) 3:15 Music with Wendy (MC) 5:45 Happy Hour: New Year's Day Cocktails (L)	2 10:00 2025 Timeless Event Talk and Coffee Bar (PD) 1:15 Dishes (MC) 3:30 Exercise (MD) 5:45 Winter Themed Jokes and Laughter (MD)	Mind and Body Day 3 10:00 Movement Exercise and Matcha Hydration Drinks (MC) 1:15 Bingo (MD) 3:00 January's Bingo Store Extravaganza (PD) 5:45 Book On Tape (MC)	Agnes's Birthday Trivia Day 4 10:30 New Year, Best Me Exercise (MC) 1:15 Tons of Trivia Fun and Snow Themed Craft(PD) 5:45 Weekly Wrap Up Talk and Journal (MC)
5 10:30 Church Service and Songs (MC) 1:15 Tactile Ball Exercise Breath Control (MC) 3:00 Dinner Set Up (MC) 5:45 Breath Control (MC)	6 11:30 Cooking Club: 3,2,1 Mug Cakes for Lunches Dessert (MC) 1:15 Bingo (MD) 3:30 Exercise (MD) 5:45 Weekly To Do Check List (MC)	7 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:15 Snowball Shooting and Clean Up (MC) 5:45 Daily Affirmations (MC)	Bubble Bath Day 8 11:00 Walking Club and Water Break (H) 1:15 Manicures and Foot Bubble Baths (B) 3:00 Closet Clean Up (MC) 5:45 Happy Hour: Bud Lights Beers (L)	9 10:00 Craft: Do You Wanna Build A Snowman (PD) 1:00 Resident Activity Meeting (PD) 2:00 Dusting (MC) 3:30 Exercise (MD) 5:45 Seasonal Pictionary (PD)	10 10:00 Resistance Band Exercise (MC) 12:15 Honoring Our Veterans Ordering Out Luncheon (PD) 1:15 Lunch Clean Up (MC) 4:15 Music with Marty (MC)	11 10:30 Hall Clean Up (MC) 1:15 Crafting with Our Local 4-H Group (MD) 2:00 Balloon Badmitten (PD) 5:45 Swimming Aerobics (MC)
12 10:30 Church Service and Songs (MC) 1:30 Men's Group: Talk of Men's Group Ideas (PD) 3:00 Kitchen Clean Up and Organize (MC) 5:45 Meditation Music (MC)	13 10:30 Monday Motivation Messages, Sunshine, and Vitamins Gathering (B) 1:15 Bingo (MD) 3:30 Exercise (MD) 5:45 Eye Masks (MC)	14 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 5:45 Puzzles (MC)	Bagel Day 15 9:00 Breakfast Dishes (MC) 11:30 Music with Tess and Mini Bagel Bar (MC) 1:15 Manicures (B) 3:00 Scarf Exercise (MC) 5:45 Happy Hour: The Chatty Aunt Cocktail (L)	16 10:00 Educational Gluten Free Lifestyle (PD) 11:00 Cooking Club: Treats for Pharmacist's (MC) 2:00 Vacuuming (MC) 3:30 Exercise (MD) 5:45 Relaxing Oils (MC)	17 10:30 Main Street Café Outing for Lunch 1:15 Water Plants (MC) 3:00 Staying Safe in the Snow Chat (L) 5:45 Chair Yoga and Deep Breathing (MC)	Nancy's Birthday 18 10:30 Marching Exercise (MC) 1:30 Scalp and Head Massages (PD) 3:00 Farkle Game or Sudoku Puzzles 5:45 Seasonal Movie (MC)
Popcorn Day 19 10:30 Church Service and Songs (MC) 1:30 (New) Friend Welcome Party and After Clean Up (PD) 3:30 Cornhole (MC) 5:45 Crosswords (MC)	MLK 20 10:00 Pass Out Popcorn Snack and Flavors 11:00 MLK Day Trivia and Speech (PD) 1:15 Bingo (MD) 3:30 Exercise (MD) 5:45 Hand Massages (MC)	21 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:15 Mopping (MC) 2:30 50's Exercise (MC) 5:45 Hymns (MC)	22 10:00 Manicures and Music (B) 1:30 Groovin' Grace Haven Zumba (PD) 3:00 Cabinet Clean Up (MC) 5:45 Happy Hour: January Surprise Cocktails (L)	23 10:30 Culinary Showcase(MC) 2:00 Family Night Set Up (MC) 3:30 Exercise and Hydration Drinks (MD) 5:00 Family Night Event(MC)	Jen's Birthday 24 11:00 2025 Timeless Event Talk (PD) 1:15 Bingo (MD) 3:30 Before Dinner Meditation (MC) 5:45 Pass Out Hydration Drinks Cart (MC)	Irish Coffee Day 25 10:30 Pass Out Irish Coffee Drinks (MC) 1:30 Men's Group: Puzzles and Chatting (PD) 5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)
26 10:30 Church Service and Songs (MC) 1:30 Sit and Be Fit Exercise (PD) 3:00 Plant Maintenance and Watering (MC) 5:45 Essential Oils (MC)	27 10:30 Jen and Frankie Pet Therapy 1:15 Bingo (MD) 3:30 Exercise (MD) 4:15 Passing Out Green Juice Mobile Cart 5:45 Journaling (MC)	28 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:15 Laundry (MC) 3:00 Margie's Zumba (MD) 5:45 Calm Sounds (MC)	Kansas Day 29 10:00 Manicures (B) 12:15 Resident Birthday Party 2:30 Resident Council (MC) 3:00 Simple Stretches (MC) 5:45 Head Massages and Lavender Smells (MC)	The Lott's 59th Wedding Anniversary 30 10:00 Food Committee (L) 2:00 Mopping (MC) 3:30 Exercise (MD) 5:45 Happy Hour: London Fog Drinks and Resident Chat (L)	Angela H.'s Birthday 31 10:00 Chair Synchronized Swimming Exercise (PD) 1:15 Bingo (MD) 3:00 Dinner Set Up (MC) 5:45 Craft: Valentine's Day Decorations (MC)	February 1 10:00 Golden Zumba Exercise (PD) 11:00 2025 Timeless Event Talk (PD) 1:15 Groundhog Predications (PD) 5:45 Weekly Reflection (MC)

Calendar Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon
H- Hall

Breakfast:
7:30am-9:00am

Lunch:
12:15pm-1:30pm

Dinner:
4:45pm- 6:00pm

